



Despite the controversy over how much salt the average person should consume, it's clear that many people are salt sensitive and should curtail their salt intake to control their blood pressure. An adult requires **just one-eighth of a teaspoon of salt**, or about 300 mg of sodium, a day, but **most Americans consume 1 to 3 teaspoons a day** — even though federal guidelines now recommend that people keep their intake below 2,300 mg of sodium, the amount in about 1 teaspoon of salt.

The bulk of most people's sodium intake — as much as 75 percent — comes from processed foods, including soups (canned, dried, or frozen), lunch meats, cold cereals, frozen dinners, salad dressings, cheese, pizza, bread and rolls, crackers, olives, pickles, cured meats, kosher meats, hot dogs, potato chips, corn chips, pretzels, and nuts.

Another 15 percent of sodium in the typical American diet is added during cooking. Some comes as table salt, which consists of about 40 percent sodium and 60 percent chloride. Other sources include seasoned salt (garlic, onion, and celery salts, for example), baking powder, baking soda, soy sauce, steak sauce, Worcestershire sauce, and monosodium glutamate. Sodium is also found naturally in some foods: One cup of skim or low-fat milk contains 120 mg of sodium; 3 ounces of meat, fish, or poultry has 75 mg; and half a cup of fresh vegetables may have anywhere from 5 to 25 mg of sodium.

Adventurous cooks often **rely on herbs and spices to beef up flavor while cutting down on sodium**. (Harvard Health Publications Special Health Report, Hypertension)

To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)
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